

COOMBESHEAD ACADEMY SPRING TERM 2019

7/1/2	OIH MESI	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DATES for WEEK 1:	MAIN COURSE COUNTER LUNCHTIME ONLY				
WEEK 1	JAN 7th JAN 28th FEB 25th MAR 18th	MINI PORK SAUSAGES IN A YORKSHIRE PUDDING OF QUORN SAUSAGES IN A YORKSHIRE PUDDING with CREAMY MASHED POTATO BABY CARROTS & PEAS GRAVY	**FAJITA DAY** YOUR CHOICE OF A FRESH CHICKEN OF VEGETABLE FAJITA IN A TORTILLA WRAP with GUACAMOLE, SOUR CREAM SALSA & GRATED CHEESE FRESHLY CHOPPED SALAD	ROAST BREAST OF CHICKEN WITH STUFFING OF CHEESY VEGETABLE ROAST ROAST POTATOES FRESH CARROTS & BROCCOLI GRAVY	HOMEMADE BEEF LASAGNE or MACARONI CHEESE BAKE with FRESHLY CHOPPED SALAD WARM BAKED FOCACCIA BREAD	**CHIP FRIDAY** BATTERED FISH & CHIPS CHICKEN CHUNKS & CHIPS VEGGIE SAUSAGES & CHIPS CHEESY CHIPS CURRY SAUCE MUSHY PEAS BAKED BEANS GRAVY
	DATES for WEEK 2:	MAIN COURSE COUNTER LUNCHTIME ONLY				
WEEK 2	JAN 14th FEB 4th MAR 4th MAR 25th	PORK MEATBALLS IN A FRESH TOMATO SAUCE or VEGGIE BALLS IN A FRESH TOMATO SAUCE with VEGETABLE NOODLES	**CURRY DAY** A SELECTION OF HOMEMADE MEAT & VEGETABLE CURRIES SERVED WITH PILAU RICE NAAN BREAD MANGO CHUTNEY	ROAST TOPSIDE OF BEEF & YORKSHIRE PUDDING OF CHEESY VEGETABLE ROAST ROAST POTATOES FRESH CARROTS & BROCCOLI GRAVY	CHICKEN & CHORIZO PAELLA or VEGETABLE PAELLA served with WARM CIABATTA BREAD FRESH CHOPPED SALAD	**CHIP FRIDAY** BATTERED FISH & CHIPS CHICKEN CHUNKS & CHIPS VEGGIE SAUSAGES & CHIPS CHEESY CHIPS CURRY SAUCE MUSHY PEAS BAKED BEANS GRAVY
WEEK 3	DATES for WEEK 3:	MAIN COURSE COUNTER LUNCHTIME ONLY				
	JAN 21st FEB 11th MAR 11th APR 1st	BREADED SCAMPI WITH LEMON & TARTARE SAUCE OF VEGGIE BITES CURLY FRIES GARDEN PEAS	**CHINESE DAY** CHICKEN CHOW MEIN VEGETABLE SPRING ROLLS EGG FRIED RICE SWEET & SOUR SAUCE HOI SIN SAUCE PRAWN CRACKERS	HONEY ROASTED GAMMON HAM or CHEESY VEGETABLE ROAST ROAST POTATOES FRESH CARROTS & BROCCOLI GRAVY	**BUILD YOUR BURGER** BEEF OF VEGETABLE BURGER with CHEESE , BACON , TOMATO LETTUCE , CUCUMBER ONION RINGS & MAYO SAUTE POTATOES RELISHES	**CHIP FRIDAY** BATTERED FISH & CHIPS CHICKEN CHUNKS & CHIPS VEGGIE SAUSAGES & CHIPS CHEESY CHIPS CURRY SAUCE MUSHY PEAS BAKED BEANS GRAVY

ALSO AVAILABLE; Freshly made 9" pizzas with various toppings at **breaktime** only. A daily selection of fresh homemade sauces to accompany pasta, rice or jacket potatoes. Daily selection of freshly cooked pastries and 'grab& go' specials. A selection of freshly made sandwiches, salads and cold pasta pots. Fresh fruit salad pots and fresh fruit. A daily selection of homemade cakes (made with reduced sugar content). Selection of schools compliant drinks and snacks with reduced sugar and salt. Our ethos is too reduce cheese in dishes and 'add' vegetables to savoury sauces and dishes.

